

Master Tung's Magic Points Beginning Series Two



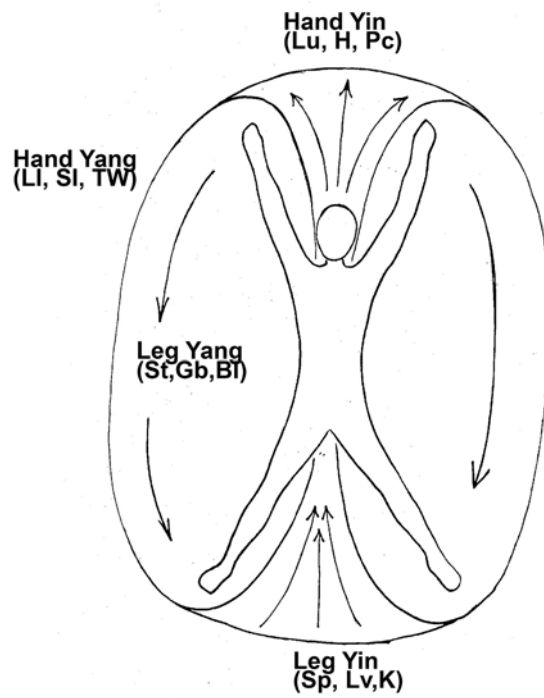
Susan Johnson, L.Ac.

Master Tung's Magic Points

Beginning Series Two

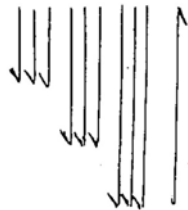
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***Dr. Miriam Lee's Ten
Great Needles***

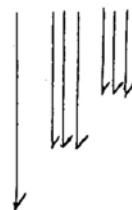


Tonification and Sedation

Burning Mountain Fire
To Tonify



Penetrating Heaven Cold
To Disperse



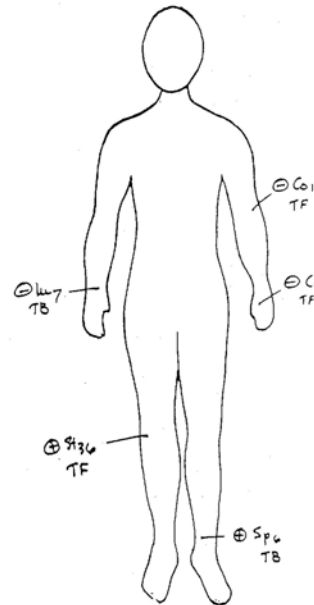
TECHNIQUE ON THE NEEDLE

Tonify = ⊕ Sedate = ⊖

TF= Thumb Forward

TB= Thumb Backward

| | 9 X's ⊕ | 6 X's ⊖ |
|---------------------------|------------|------------|
| HAND YIN (LU, HT, PC) | TF | TB |
| LEG YANG (ST, GB, UB) | TF | TB |
| LEG YIN (SP, LV, K) | TB | TF |
| HAND YANG (LI, SI, TW) | TB | TF |



Miriam's Tune-Up
10 Bi-lateral Points

ST36 The most powerful of the He-Sea points - Earth

- adjusts the chi and blood of all the channels
- strengthens Spleen and Stomach
- calms spirit
- strengthens Kidneys, so also vision and hearing
- regulatory function: raise and lower BP
- increase or decrease WBC's
- increases stomach acid, good for food stagnation

SP6 Three Yin Crossing connects SP, LV and KD qi

- controls yin blood in general and should be tonified
- regulates sexual and reproductive systems, men and women, especially uterus as all three connect to uterus
- restores memory and vitality from its ability to strengthen the Kidney qi

LI11 Also a powerful He-Sea Earth point

- dispels wind and relieves the surface
- regulates qi
- increases WBC's
- Acts as a catalyst to move the qi

LI4 Yuan Source lot of LI

- opens both LU and LI
- thumb point with special influence on the brain
- many any diseases from the neck up
- teeth, jaw, and throat
- close relationship to SJ which regulates the qi of all three burners,
- increases qi transformation function and increases the natural sources of righteous qi
- wind cold congested in the surface, no sweat. Sedate LI4 to expel the cold, open the surface, induce sweating so fever comes down
- clears wind heat from the surface, too much sweating, LI4 closes pores, and sweat glands, clears heat, astringes the skin, stops sweat.

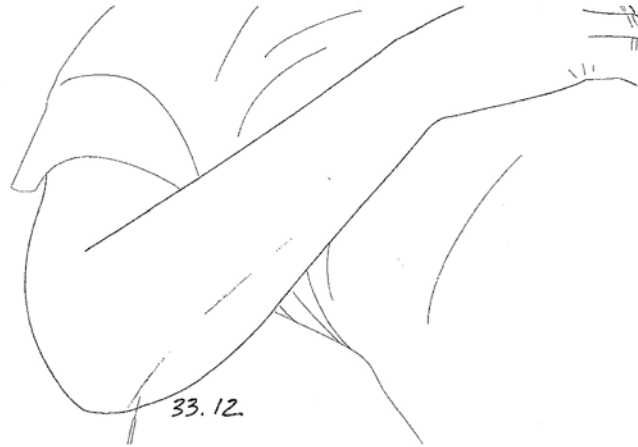
- LI11 with LI4 are main points for treating all conditions of head and face
- LI11 acts as a catalyst, keeping the energy moving.
- LI4 causes the energy to rise and then scatter.
- Together they clear heat and scatter wind, thereby eliminating upper jiao heat and allowing the pure qi to rise to the head, the meeting place of all yang channels.
- The ears, eyes, mouth, nose, throat, and all the sense orifices need pure qi to function properly. Needling LI11 with LI4 brings the pure/clear yang to the orifices, scattering the evil qi, opening circulation and clearing the senses.

LU7 treats head and neck

- clears phlegm from the chest
- moistens a dry throat
- relieves cough
- relates to UB, if Lung is excess, it holds fluids, causing slow or no urination, good for prostate problems
- as the luo point, LU7 connects to the LI. We needle at the base of the styloid process slightly closer to the LI channel in order to avoid the blood vessel. Insert the needle horizontally beneath the skin toward the elbow (against the flow in order to sedate).

- ST36 is the earth and He-Sea/uniting point of the Stomach channel. ST36 strongly tonifies Heart and Lung.
- Because of its special function as the crossing point of the Three Leg Yin, the inclusion of SP6 in Dr. Lee's formulation means that all of the major Yin organs of the body are stimulated. By thus linking the Spleen, Liver, and Kidneys the Heart is automatically regulated via the Five Element controlling and producing cycles: Spleen as Child, Liver as Mother, and Kidney as controlling.
- LI11 is the earth and uniting point of the Large Intestine. LI4 & LU7 are the paired Yuan Source and Luo Connecting points of the Large Intestine and Lung.

33.12 Heart Gate - Xin Men



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33.12 Heart Gate - Xin Men

- **Location:** This point is located on the Small Intestine meridian, 2 cun (three fingers) distal to the tip of the ulna (just beyond the flaring of the ulna). Usually needled on one side only.
- **Meridian:** Small Intestine **Reaction Area:** Heart
- **Indications:** Lower back pain, sacral pain (especially coccyx), groin pain, medial knee pain, rheumatoid arthritis, golfer's elbow (medial), chest oppression, heart palpitations.
- **Comments:** I have found Heart Gate to be more effective when needled 2 cun rather than 1.5 cun distal to the tip of the elbow, just beyond the flaring of the ulna. Needling by the location found in most books (1.5 cun distal) allows only a superficial insertion, which in my experience has little or no effect. With deeper needling, and sliding against the edge of the ulna (bone-treating-bone), Heart Gate falls into the category of my favorite points due to its extraordinary effect in the treatment of groin pain.

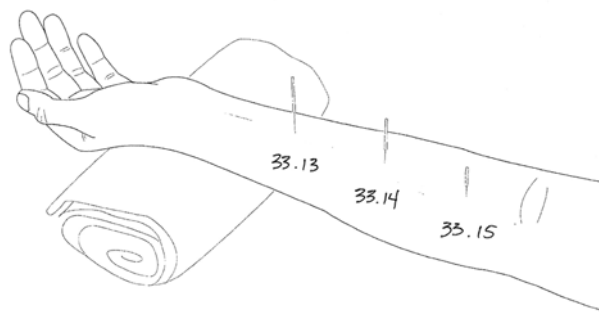
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33.12 Heart Gate - Xin Men

- Heart Gate is very effective when combined with 55.04-55.05 Flower Bone Three/Four to treat pain or fracture of the coccyx.
- Heart Gate is located near SI8 Xiao Hai, the earth and He-Sea point of the Small Intestine meridian. Due to its internal/external connection with the Heart meridian, it treats many diseases related to the heart. Heart Gate corresponds to the knee and opposite elbow, making it effective in the treatment of pain in those locations. Additionally, in Master Tung's system, all Heart (fire) points treat the knee.
- Heart Gate is combined with 88.01-88.03 Heart Passing Points and 11.27 Five Tigers to treat rheumatoid arthritis.

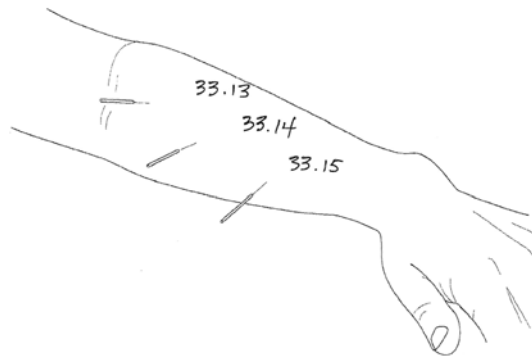
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33.13-33.15 Three Scholars



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33.13-33.15 Three Scholars



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33.13 Man Scholar - Ren Shi

33.14 Earth Scholar - Di Shi

33.15 Heavenly Scholar - Tian Shi

- **Location:** Man Scholar is located 4 cun (three fingers twice) proximal to the wrist crease along the Lung channel (just lateral to the flexor carpi radialis tendon).
- 33.15 Heavenly Scholar is located 3 cun (four fingers) distal to 33.16 Curve Mound (LU5), along the Lung channel.
- 33.14 Earth Scholar is located midway between the other two points, at LU6 Kong Zui.
- **Meridian:** Lung
- **Reaction Area:** Heart (33.13-33.14), Lung (all), Kidney (33.15)

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33.13-33.15 Three Scholars

- **Indications:**
- **33.13 Man Scholar:** Asthma, heart disease, heart palpitation, upper back pain, shoulder pain, palm hand pain reaching to fingers.
- **33.14 Earth Scholar:** Asthma, common cold, coughing blood (hemoptysis), dilation of the airways (bronchiectasis), tuberculosis, headache due to Kidney deficiency, angina pectoris, heart disease, kidney deficiency, neurosis.
- **33.15 Heavenly Scholar:** Asthma, common cold, nasal inflammation (rhinitis), shortness of breath (dyspnea), chest fullness and distention, upper arm pain.
- *Master Tung intentionally places Man, Earth, and Heavenly Scholar in this order.*

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33.13-33.15 Three Scholars

- **Comments:** Because Three Scholars are located on the Lung channel, I primarily use these points to treat asthma. It took me more than twenty years to realize the best way to position the patient for these needles, as needling the points with the arms open alongside the body is uncomfortable for the patient for a prolonged period of time. For the comfort of the patient, needle this three-point unit with the patient laying on their back, arms alongside the body, palms down, with each wrist supported by a small rolled-up hand towel. Position the arms with the elbows bent and relaxed. Rotate their wrist vertically, being careful that the patient does not tuck in their elbow when you do this, as is the common tendency. With the wrist in this position, needle 33.13 Man Scholar lateral to the tendon (on the Lung channel), then rotate the wrist back to the palm down position. The second point, 33.15 Heavenly Scholar, is most easily located by tracking the tendon from 33.16 Curve Mound (LU5), 2 cun (three fingers) distally, and then place your needle. Now, divide the diagonal line made between these two needles in half to locate 33.14 Earth Scholar, 3 cun (four fingers) distal to 33.15 Heavenly Scholar. Though this will require some flexibility on the part of the practitioner, it will enable the patient to comfortably retain the needles for up to an hour.

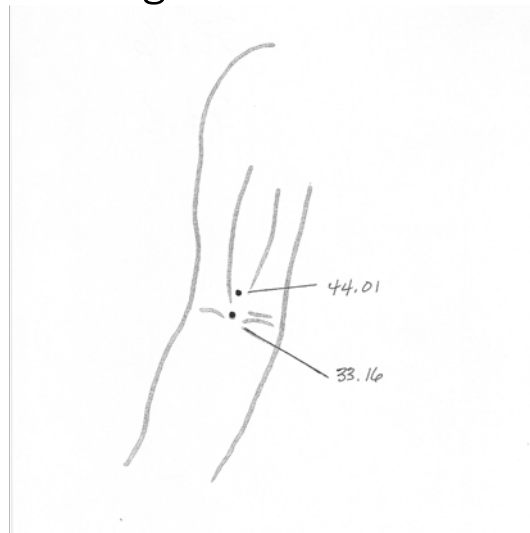
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33.13-33.15 Three Scholars

- I rarely needle Three Scholars as there are other treatments that work as well or better for chronic asthma, and are easier to access. However, I do have patients who request these points because they are extremely effective and require only a few treatments.
- Three Scholars may be combined with 1010.19-1010.20 Water Gold/Water Through or 22.05 Spirit Bone (Ling Gu), as these points also tonify Lung and Kidney. Combine with 88.17-88.19 Four Horses, especially when the asthma is allergic or severe.
- Man Scholar may be needled on its own to treat pain in the fingers, arms, shoulders and upper back.
- Because the forearm and calf mirror each other, these points can treat opposite side calf spasm.

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33.16 Curve Mound - Qu Ling
44.01 Dividing Gold - Fen Jin



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33.16 Curve Mound - Qu Ling

- **Location:** Curve Mound is located on the anterior elbow crease, lateral to the biceps tendon. It is commonly bled for many indications, using any good small to medium size vein (no pulse) on the anterior elbow crease. This is LU5 Chi Ze.
- **Meridian:** Lung **Reaction Area:** Heart, Lung
- **Indications:** Asthma, chronic headache, common cold, cough, pneumonia, sore throat, tonsillitis, mouth cancer, facial problems, red sclera, stroke (with paralysis), tendon pain and muscle spasm, sports injuries, shoulder pain (frozen shoulder), arthritis or inflammation of the elbow, carpal tunnel, finger spasm, heart palpitation, myocardial infarction, cholera, diarrhea, acute gastroenteritis, summer heat stroke with sudden vomiting or dry heaves and diarrhea, excessive, scanty or difficult urination.

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33.16 Curve Mound - Qu Ling

- **Comments:** Curve Mound is the He-Sea and water point of the Lung meridian. It is a major bleeding point used in difficult cases and to clear stagnation in the upper body. In 1987, Dr. Lee and I travelled to the Anhui Province in central China to study bleeding techniques with Dr. Wang Xiu-Zhen, a third generation doctor of bloodletting. Though Dr. Wang Xiu-Zhen chose points to bleed specific to each case, her comprehensive bleeding treatment included Tai Yang (Extra Point) to clear the head, LU5 to clear the upper body and UB40 Wei Zhong to clear the lower body. Because UB40 has more blood, it may also be used to clear the spine and the entire body. There is much more to say about this ancient healing art, as it is only with bleeding techniques that I have seen the truly miraculous occur. We must protect and advance this technique and work with our licensing boards to preserve it.
- As He-Sea points treat the reversal of qi, Curve Mound smooths the qi, helping to hold up or raise it in cases of diarrhea, prolapse and incontinence; and to descend the qi for chest and lung conditions such as cough and asthma. This effect comes from the fact that it is a water point on a metal channel, and therefore has a powerful effect on both Lung and Kidney.

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33.16 Curve Mound - Qu Ling

- If the Lung energy is not descending, there will be fast panting, and if the Kidneys are not able to receive, breathing will be long and labored. A forceful cough indicates an exterior wind attack, whereas the deep cough of chronic bronchitis indicates Kidney deficiency.
- LU5 is an excellent bleeding point for any kind of excess condition of the lungs, partly because as the water point it puts out the fire to resolve sore throat, tonsillitis, pneumonia and laryngitis. Bleeding is not always my first choice, but if there is no change after two or three treatments, I would certainly consider it. Dr. Young teaches that the most effective time to bleed LU5 is between 3:00-5:00 p.m. This is because of the Tai Yin/Tai Yang (LU/UB) relationship, and it being the height of the Urinary Bladder time of day (horary).
- Because it is located directly adjacent to the biceps tendon, and because tendon-treats-tendon, Curve Mound is frequently needed for cramping or spasms anywhere in the body, frozen shoulder, carpal tunnel or post-stroke syndromes.

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33.16 Curve Mound - Qu Ling

- Curve Mound is an excellent point to sedate when metal is over-controlling wood. Alternatively, we can tonify Curve Mound to indirectly treat the Liver in deficiency cases when the wood is excess, including irritability, depression, PMS, headaches, insomnia, etc. Another good option might be to moxa DT.07 Three Gold or UB13 Fei Shu areas in order to strengthen metal to control wood.
- Dr. Young has described a case in which he bled Curve Mound (LU5) and UB40 Wei Zhong for a patient with cracked and bleeding palms and soles; the patient's skin began healing the next week.
- Dr. Lee described an angry woman who had a common cold and fever for whom she bled LU5; not only did the fever break immediately, but the anger did too.
- I once had an unexpected result in a LU5 bleeding demonstration, when the student who volunteered arrived that morning with completely bloodshot eyes. I did not ask the reason for this condition; however, we were all amazed to see the color of his sclera return to bright white in a matter of moments, while the blood was still gently flowing.

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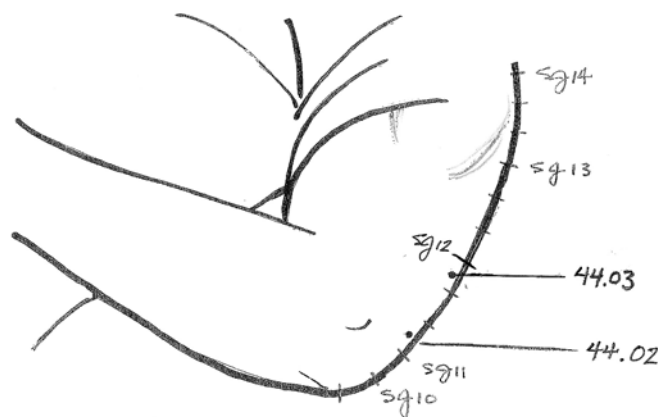
44.01 Dividing Gold - Fen Jin

- **Location:** This point is located on the biceps muscle of the upper arm, 1.5 cun (two fingers) proximal to 33.16 Curve Mound (LU5), in the hollow between the two heads of the biceps tendon.
- **Meridian:** Lung **Reaction Area:** Heart, Lung
- **Indications:** Common cold, rhinitis, laryngitis.
- **Comments:** Because it is located on the Lung meridian, Dividing Gold is effective in the treatment of severe colds with nasal congestion, sinus inflammation and laryngitis; however, there are many other points I would choose over this one, for example A.04 San Cha Three.
- Dividing Gold may be combined with 33.16 Curve Mound (LU5).

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44.02 Back Vertebrae - Hou Zhui

44.03 Head Wisdom - Shou Ying



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44.02 Back Vertebrae - Hou Zhui

- **Location:** This point is located on the back of the arm, 2.5 cun proximal to the tip of the elbow, on the San Jiao channel.
- **Meridian:** San Jiao **Reaction Area:** Heart, Liver, Spine
- **Indications:** Spine pain, dislocated or herniated disk of the thoracic vertebrae, nephritis, low back pain, tailbone pain.
- **Comments:** This point is bilaterally needled with 44.03 Head Wisdom, and retained for one hour or more. The best position for needling these points is with the patient face down in a face cradle with the arms over the sides of the table. Do not turn the head when there are spinal issues.
- Back Vertebrae is located on the San Jiao meridian 0.5 cun superior to SJ11 Qing Leng Yuan. Because the San Jiao is responsible for all three burners and has a special relationship with the Kidney meridian via the Hand Shao Yang (SJ)/Foot Shao Yin (KD), Back Vertebrae is especially effective in the treatment of spine and bone not only because Kidney governs bones, but also because of the Hand and Foot Shao Yang (SJ/GB) connection (Gallbladder controlling bone). Needling Back Vertebrae close to the bone will activate the bone-treating-bone system, enhancing the Kidney tonification effect.

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44.02 Back Vertebrae - Hou Zhui

- Alternatives to Back Vertebrae depend upon the area of the spine being treated, but points including 22.04-22.05 Great White/Spirit Bone (Ling Gu/Da Bai), 77.01-77.02 Correct Tendons and 88.17-88.19 Four Horses are more commonly chosen. Do not cup over the spine when there is a herniated or severely protruding disk.
- Master Tung explained that points on the San Jiao treat both Kidney and Liver because of the Hand Shao Yang (SJ)/Foot Shao Yin (KD) and the Hand and Foot Shao Yang (SJ/GB) connection. Through the Gallbladder we reach the Liver. These points are also very useful in the treatment of nephritis, as are many other points on the San Jiao channel.

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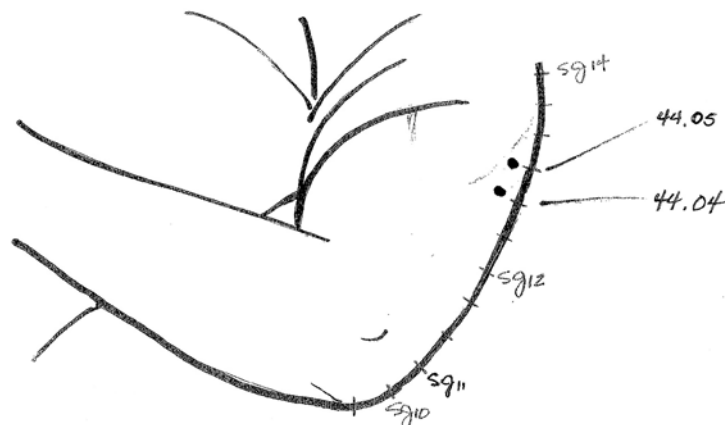
44.03 Head Wisdom - Shou Ying

- **Location:** This point is located on the back of the arm, 4.5 cun proximal to the tip of the elbow, on the San Jiao channel.
- **Meridian:** San Jiao **Reaction Area:** Heart, Liver, Spine
- **Indications:** Spine pain, dislocated or herniated disk of the thoracic vertebrae, nephritis, low back pain, tailbone pain.
- **Comments:** Head Wisdom is located 0.5 cun inferior to SJ12 Xiao Luo. This point is usually combined with 44.02 Back Vertebrae in the treatment of spinal pain (see 44.02).

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44.04 Wealth Top - Fu Ding

44.05 Back Branch - Hou Zhi



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44.04 Wealth Top - Fu Ding

- **Location:** This point is located on the back of the arm, 7 cun proximal to the tip of the elbow, on the San Jiao channel.
- **Meridian:** San Jiao **Reaction Area:** Heart, Liver
- **Indications:** Liver deficiency: exhaustion and fatigue, dizziness, headache and high blood pressure.
- **Comments:** Wealth Top is located between SJ12 Xiao Luo and SJ13 Nao Hui and is usually needled with 44.05 Back Branch. Because these points have the Reaction Area of the Heart and Liver (44.04), they circulate the blood and are used to treat arteriosclerosis, as well as hypertension, dizziness, headache and fatigue.
- Wealth Top and 44.05 Back Branch can also be needled together to treat pain in the nape of the neck, stiff neck and facial paralysis (Carson).

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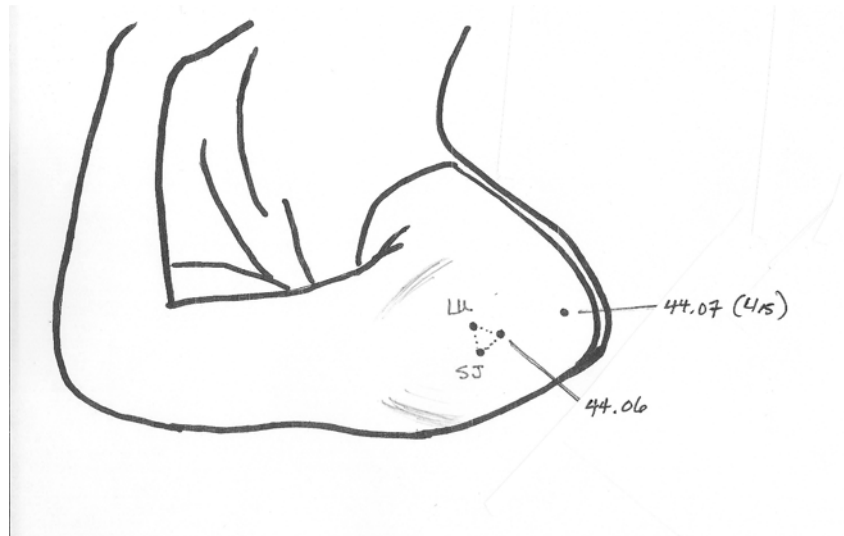
44.05 Back Branch - Hou Zhi

- **Location:** This point is located on the back of the arm, 8 cun proximal to the tip of the elbow, on the San Jiao channel.
- **Meridian:** San Jiao **Reaction Area:** Heart
- **Indications:** Liver deficiency: exhaustion and fatigue, dizziness, headache, high blood pressure, arteriosclerosis; delayed healing of wounds, increases resistance to infection, skin diseases (Carson).
- **Comments:** Back Branch is usually needled with 44.04 Wealth Top; please see 44.04 comments.

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44.06 Shoulder Center - Jian Zhong

44.07 Back Face - Bei Mian



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44.06 Shoulder Center - Jian Zhong

- **Location:** Shoulder Center is located 2.5-3 cun (depending upon the bulk of the deltoid) below the acromion process, at the center of the deltoid muscle.
- **Meridian:** Large Intestine **Reaction Area:** Heart
- **Indications:** Knee pain in the joint, skin diseases on the neck, arteriosclerosis, palpitations, hemiplegia, polio, leg weakness, muscle spasms, atrophy or weakness, shoulder pain or frozen shoulder, nosebleed.
- **Comments:** Shoulder Center is the apex of the classic three-point combination known as "Shoulder Triangle." Locate Shoulder Center, then form an equilateral triangle with each side being 1.5 cun in length. The anterior point relates to the Lung, the posterior point relates to the San Jiao.

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44.06 Shoulder Center - Jian Zhong

- Because Shoulder Center is located in the deltoid muscle, needling this point activates both the muscle-treating-muscle and the muscle-treating-skin principles. This point is needled for muscular weakness and atrophy, especially of the legs; polio, hemiplegia, muscle spasms, shoulder pain or frozen shoulder, and knee joint pain. I was surprised by its immediate effectiveness when treating rashes on the neck.
- This point may be very painful when palpated. I have found that in cases of severe cervical stenosis this point may be tender.
- In frozen shoulder treatments, I first thoroughly cup all of the muscles that make up the entire shoulder girdle and needle opposite side Shoulder Center, as part of an extensive point combination (see *Frozen Shoulder - Advanced Series*).

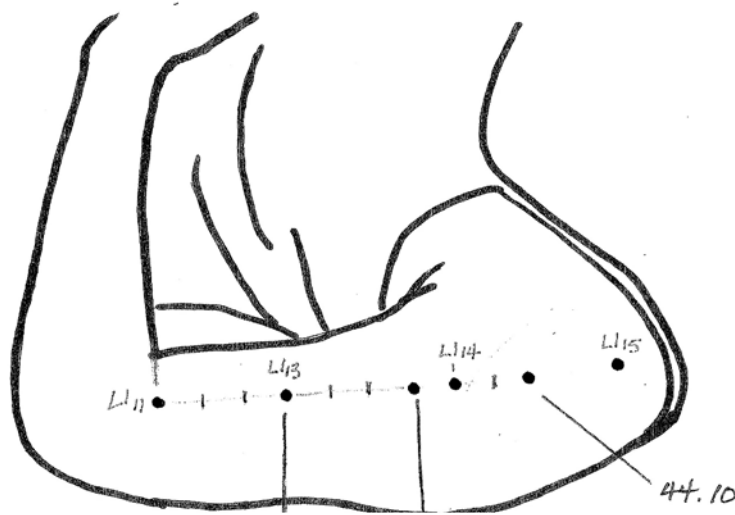
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44.07 Back Face - Bei Mian

- **Location:** This point is located between the shoulder and the arm, in the depression found when the arm is raised. This is LI15 Jian Yu and it can be needled or bled.
- **Meridian:** Large Intestine **Reaction Area:** Abdomen
- **Indications:** Whole body exhaustion, weakness of the lower legs, weak voice or laryngitis, sudden deafness or tinnitus, Meniere's disease, hand and foot pain due to hypertension, abdominal distention, vomiting, liver and gallbladder diseases.
- **Comments:** Back Face can treat many conditions because of its internal/external connection to the Lung, its shared pathway with the Stomach (Hand and Foot Yang Ming), and its Hand Yang Ming (LI)/Foot Jue Yin (LV) relationship. It raises the pure qi, regulates the Lung qi, strengthens and tonifies the Spleen qi and disperses wind, therefore it can be used for abdominal distention, voice without strength and exhaustion. It may be bled to treat sudden deafness or tinnitus, Meniere's disease, or hand and foot pain due to high blood pressure.

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44.08-44.10 Three Ancestors



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44.08 Man Ancestor - Ren Zong

44.09 Earth Ancestor - Di Zong

44.10 Heavenly Ancestor - Tian Zong

- **Location:** Man, Earth and Heavenly Ancestors are located respectively, 3, 6 and 9 cun superior to the elbow crease, between the two heads of the biceps muscle. See Comments for special needling technique.
- **Meridian:** Lung/Large Intestine
Reaction Area: Heart, Lung, Liver (44.08); Heart (44.09); Legs, Six Bowels (44.10)
- **Indications:** **Man Ancestor:** Asthma, common cold, jaundice due to gallbladder disease, liver and heart disease, splenomegaly, peripheral edema (elbow swollen and difficult to move), arm pain, foot pain. **Earth Ancestor:** Arteriosclerosis, coronary heart disease, resuscitation from yang collapse. **Heavenly Ancestor:** Body odor (especially armpits), diabetes, polio, muscle atrophy, leucorrhea, vaginitis, vulvadynia, lower leg pain.

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44.08-44.10 Three Ancestors

- **Comments:** Man, Earth and Heavenly Ancestors are usually needled together in the combination known as “Three Ancestors.”
- *Master Tung places Man, Earth, and Heaven Ancestor intentionally in this order.*
- In Dr. Lee’s clinic we rarely needled these points due to their proximity to a major artery and their propensity to bruise. They must be needled *very* carefully, if at all. For the easiest point location and the best insertion, first locate all three points along the Lung channel between the two heads of the biceps muscle, with the arm extended and the palm up (these points are almost always sensitive). Once you are clear about their location, and while holding your fingers on the points, bend the elbow and rotate the arm across the chest. From this position, needle the points toward the Large Intestine channel in order to avoid injuring the biceps or puncturing the artery.

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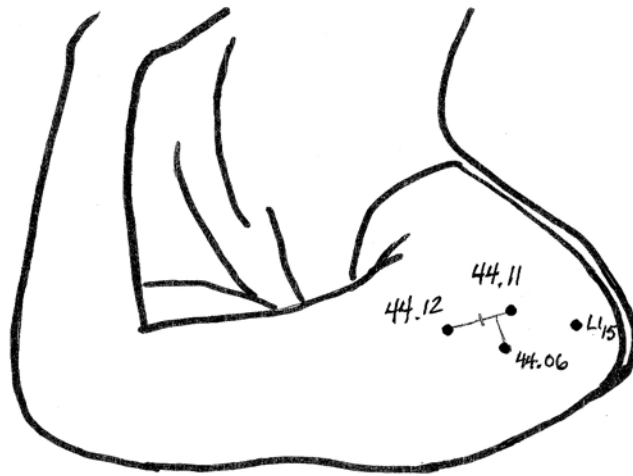
44.08-44.10 Three Ancestors

- In Tung’s points system we have many different points to choose from in treating asthma and common cold, coronary heart disease, spleen, liver and gallbladder diseases. For that reason I do not often needle Three Ancestors, though I might in emergencies for resuscitation. Though we do have other equally effective emergency points from which to choose, Three Ancestors are easily accessed (blood vessel-treats-blood vessel).
- Because this area corresponds to the genitals, Heavenly Ancestor has gynecological indications. In cases of severe vulvadynia I might use this point and/or 44.11 Cloud White. Otherwise, I would select other points.

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44.11 Cloud White - Yun Bai

44.12 Plum White - Li Bai



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44.11 Cloud White - Yun Bai

- **Location:** This point is located 1.5 cun anterior and 0.5 cun superior to 44.06 Shoulder Center (2.5-3 cun below the acromion process, at the center of the deltoid muscle).
- **Meridian:** Large Intestine and Lung
Reaction Area: Lung, Six Bowels
- **Indications:** Vaginal inflammation, pain or itching, leucorrhea (qi deficiency white discharge, or reddish discharge), polio, hip or leg pain.

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44.11 Cloud White - Yun Bai

- **Comments:** 'White' in the name of this point indicates a relationship to Lung and metal, Cloud White tonifies Lung qi. It is located in a large muscle between the Lung and Large Intestine channels. Needling into the muscle activates the muscle-treating-muscle system, thereby strengthening the Spleen; it also tonifies qi and disperses dampness. I usually needle Cloud White with 44.10 Heavenly Ancestor when treating vaginal issues, along with 11.06 Return to the Nest, 11.24 Gynecological and SP6 San Yin Jiao.
- In one system of correspondences, this area of the shoulder corresponds to the genitals, making it effective for treating diseases of the lower jiao, such as leucorrhea and vaginitis. In another system, shoulder corresponds to hips, so Cloud White may be combined with 44.06 Shoulder Center to treat weakness and distending pain of the calf muscles (Young).

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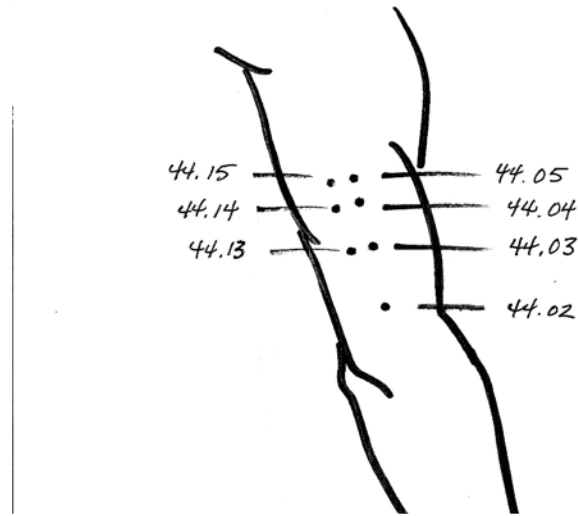
44.12 Plum White - Li Bai

- **Location:** This point is located 2 cun distal to 44.11 Cloud White.
- **Meridian:** Between Large Intestine and Lung
Reaction Area: Kidney, Lung
- **Indications:** Body odor (especially armpits), polio, lower leg, calf and foot pain.
- **Comments:** I might select this point to treat body odor and excessive sweating in the armpits.

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44.13 Branch Through - Zhi Tong

44.14 Falling Through - Luo Tong



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44.13 Branch Through - Zhi Tong

44.14 Falling Through - Luo Tong

- **Location:** 44.13 Branch Through is located 1 cun medial to 44.03 Head Wisdom (on the back of the arm, 4.5 cun proximal to the tip of the elbow). 44.14 Falling Through is located 1 cun medial to 44.04 Wealth Top (on the back of the arm, 7 cun proximal to the tip of the elbow).
- **Meridian:** Small Intestine **Reaction Area:** Liver, Kidney, Back
- **Indications:** Arteriosclerosis, high blood pressure, hemiplegia, dizziness, exhaustion, polio, lower back or waist soreness, weakness of the lower leg, lack of strength of the four limbs (44.14).

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44.13 Branch Through

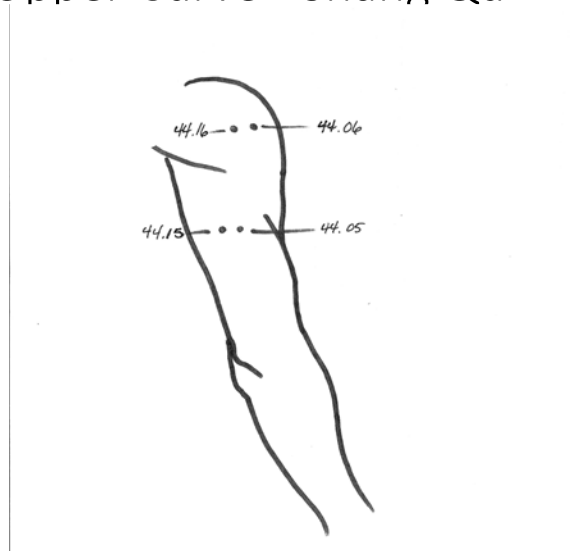
44.14 Falling Through

- **Comments:** Branch Through and Falling Through treat Kidney diseases due to their location on the Small Intestine channel, as the Hand and Foot Tai Yang (SI/UB) connect, and also due to the internal/external relationship between the Urinary Bladder and the Kidney. We are utilizing the bone-treating-bone principle when we needle these points close to the bone.
- Branch Through and Falling Through may be combined with 44.15 and 44.16 for hypertension, hemiplegia, dizziness, etc., because they share the Reaction Areas of Kidney and Liver, as well as the KD/LV (mother/child) relationship. Due to the ease of location and efficacy, I would choose 77.18-77.21 Three Emperors before I would needle these points.

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44.15 Lower Curve - Xia Qu

44.16 Upper Curve - Shang Qu



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44.15 Lower Curve - Xia Qu

44.16 Upper Curve - Shang Qu

- **Location:** 44.15 Lower Curve is located on the back of the arm, 8 cun proximal to the tip of the elbow and 1 cun medial to the midline. 44.16 Upper Curve is located 1 cun posterior to 44.06 Shoulder Center (2.5-3 cun below the acromion process, at the center of the deltoid muscle).
- **Meridian:** Small Intestine (44.15); between Large Intestine and San Jiao (44.16)
Reaction Area: Liver (both); Lung (44.15); Kidney (44.16)
- **Indications:** **Lower Curve:** Joint instability due to nerve damage. **Upper Curve:** Cirrhosis, hepatitis, upper arm pain, lower leg pain. **Both points:** Hypertension, hemiplegia, polio, sciatica (due to Lung and Liver deficiency).

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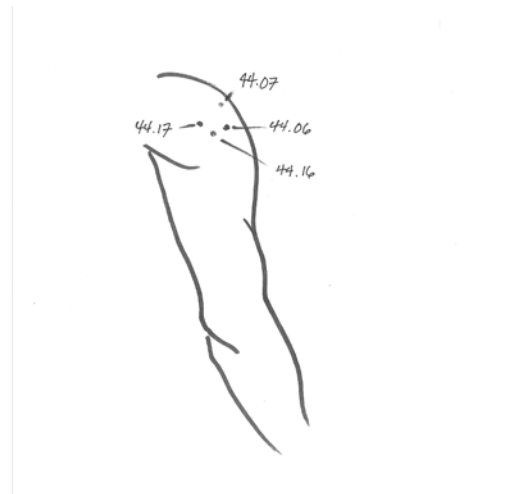
44.15 Lower Curve - Xia Qu

44.16 Upper Curve - Shang Qu

- **Comments:** Because they have the Reaction Area of the Liver and Kidney (44.16) and are located in a muscular area, these points tonify the Spleen, Liver and Kidney. Needled together, they treat diseases related to Liver and Kidney deficiency such as sciatica, hypertension and polio.
- Bleeding Upper Curve may be used in the treatment of cirrhosis, hepatitis and liver disease (Carson).
- Lower Curve is unique for its indication in the treatment of nerve damage due to injury. This point should be effective in treating cervical injury or stenosis, 77.01-77.02 Correct Tendons could also be chosen or added.

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44.17 Water Healing - Shui Yu



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44.17 Water Healing - Shui Yu

- **Location:** Water Healing is located 1.5 cun posterior and 0.5 cun superior to 44.06 Shoulder Center (2.5-3 cun below the acromion process, at the center of the deltoid muscle).
- There are some differences of opinion about the location of this point. Please carefully palpate the Small Intestine channel on the back of the upper arm for sensitivity. In some books Water Healing appears to be located in the vicinity of SI10 Nao Shu; however, that would place it significantly proximal to all of the varied point descriptions.
- **Meridian:** Near Small Intestine **Reaction Area:** Kidney
- **Indications:** Proteinuria; nephritis; kidney stones; exhaustion and fatigue; pain of the arm, wrist and dorsum of the hand; lower back and lower leg pain.

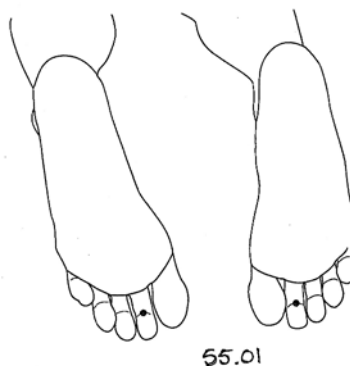
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44.17 Water Healing - Shui Yu

- **Comments:** In Master Tung's system, all points on the back of the upper arm can be used to treat Kidney disorders. This can be for several different reasons: firstly, due to the internal/external connection between the Hand and Foot Tai Yang (SI/UB), from which we could arrive at the Kidney via the Urinary Bladder; secondly, we recognize the relationship between the Hand Shao Yang (SJ) and the Foot Shao Yin (KD), both significant in terms of water metabolism, as well as nephritis (22.06-22.07); and thirdly, because the Hand Tai Yang (SI) and the Foot Tai Yin (SP) are connected, and are both capable of draining dampness, thus making Small Intestine useful in the treatment of water diseases. In the name of this point "Shui Yu," Shui translates as 'water' (implying water diseases) and Yu as either 'healing' or 'cure,' illustrating a Spleen and Kidney connection via the Small Intestine. A similar energetic is mirrored on the Spleen channel of the lower leg by Master Tung's famous Kidney points, Three Emperors, including 77.18 Kidney Gate (Shen Guan).
- These points can be needled or bled, however, I am more inclined to bleed LU5 and UB40.

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55.01 Fire Bag - Huo Bao



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55.01 Fire Bag - Huo Bao

- **Location:** Fire Bag is located on the plantar surface of the second toe. Look for a vessel in the center of the distal crease. This point is Du Yin (Extra point) and is always bled.
- **Meridian:** Stomach **Reaction Area:** Heart, Liver
- **Cautions:** Forbidden during pregnancy except with retained placenta.
- **Indications:** Heart attack with hands and feet icy cold, angina pectoris, retained placenta.
- **Comments:** Fire Bag is located on the Stomach meridian. Because the Foot Yang Ming (ST) and the Hand Jue Yin (PC) are connected, it is a good emergency point to use when someone is having or has recently had a heart attack. “Huo” translates as Heart, “Bao” as envelope or bag (Pericardium). Because the Pericardium is the Heart Protector, points on the Pericardium channel are always chosen over points on the Heart channel. If we think of the Heart as a balloon, needling it directly may cause it to burst. Bleeding Fire Bag allows a slow release of pressure in order to stabilize the Heart and immediately resolve chest pain. This point can save lives.

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55.01 Fire Bag - Huo Bao

- In an emergency when there is no time to acquire a bleeding needle, it may be necessary to use a sharp knife. This kind of situation is one in which a person could have a heart attack in the morning and die by evening. An acupuncturist may be called upon to act quickly, and now we have something we can do. If it is acute but mild angina, I would deeply needle 77.08-77.09 Four Flower Upper/Middle to release the pressure in the chest. For this reason, I carry 60mm needles in the glove box of my car; they have come in handy on more than one occasion.
- Far more common than real heart attack, people will panic when they have chest pain that is actually gas trapped in the chest. They may think that they are dying, and call you in the middle of the night. If they are able to speak slowly and clearly, I will usually suggest the following: ask them to firmly strike the sternum three times with a flat fist and then attempt to belch. In most cases this releases the gas and the chest pain is instantly relieved.
- Anxiety is probably the most frequent cause of chest pain, and these patients also think they may be dying. Calmly talking with them may or may not bring them down, as they often need a trip to the emergency room and an EKG to be convinced that they are not having a heart attack.

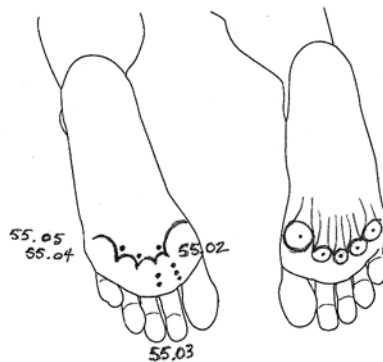
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55.01 Fire Bag - Huo Bao

- Fire Bag may be bled to produce a retained placenta. We may also use PC6 Nei Guan and GB21 Jian Jing. Never pull on the umbilical cord to encourage the release of the placenta, as this will cause a piece of the placenta to remain in the uterus, resulting in bleeding that will not stop. Should this happen, the patient will need to be transported to the emergency room for a D&C. Always check a placenta to insure that it is completely intact.
- Fire Bag is said to be useful to treat nonstop bleeding after traumatic injury, but I have not tried it.

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55.02-55.05 Flower Bone One - Four



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55.02 Flower Bone One - Hua Gu Yi

- **Location:** All four needles in this combination are found on the ball of the foot, opposite LV2 and LV3. The first point in the pattern is just proximal to the intersection of the distal heads of the first and second metatarsal bones. The second point is just distal to the intersection of the first and second metatarsal-phalangeal joints. Divide the remaining area between the second needle and the web of the large and second toes into equal thirds, and insert two additional needles in line with the others.
- **Meridian:** Liver **Reaction Area:** Spleen, Lung, Kidney
- **Indications:** Extraordinary points for any diseases related to the anatomy of the eyes, including but not limited to night blindness, nearsightedness, farsightedness, astigmatism, glaucoma, cataract, optic nerve atrophy, photophobia, macular degeneration.

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55.02 Flower Bone One - Hua Gu Yi

- **Comments:** The efficacy of these points is directly related to proper point location; careful and precise palpation is required. We spend a great deal of time in my supervision classes learning how to carefully palpate and needle Flower Bone One. Though some practitioners may consider these points inconvenient due to their complexity, in my experience the time spent mastering Flower Bone One has been utterly worthwhile. They are unsurpassed by any other acupuncture treatment for the eyes.
- The eyes are the opening to the Liver; Kidney is the mother of the Liver. Flower Bone One treats the anatomy of the eye. To treat the power of vision which relates to the Kidney, use points such as 77.18-77.21 Three Emperors with 77.28 Bright Light (Tung's KD7) substituted for 77.21 Man Emperor (Tung's SP6), along with GB20 Feng Chi and GB37 Guang Ming.

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55.03 Flower Bone Two - Huo Gu Er

- **Location:** This two-point pattern is located on the ball of the foot opposite the Stomach meridian valley. The first point is just distal to the junction of the second and third metatarsal-phalangeal joints. The second point is 0.5 cun distal to the first point.
- **Meridian:** Stomach **Reaction Area:** Spleen
- **Indications:** Blood sugar issues, frozen shoulder, motor impairment of arms (cannot lift arms upwards), upper arm pain (muscle), finger weakness.

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55.03 Flower Bone Two - Huo Gu Er

- **Comments:** Flower Bone Two is composed of two points. The points are located on the foot opposite the Stomach valley and the point ST43 Xian Gu. Due to the internal/external connection between the Spleen and Stomach, these points treat the Spleen and related conditions, especially muscular. Excessive sweet consumption sedates the Spleen; Spleen deficiency leads to muscular weakness. Excessive sugar will cause a red tongue (especially in the center of the tongue, which is the Stomach area).
- In some cases, loose skin and weak muscles may be the result of a patient eating too many almonds or sunflower seeds, which contain cyanide.

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55.04 Flower Bone Three- Hua Gu San

55.05 Flower Bone Four - Hua Gu Si

- **Location:** Flower Bone Three and Four are needled together as a two-point unit. Both points are located on the plantar surface of the foot. Flower Bone Three is just proximal to the distal intersection of the third and fourth metatarsal bones. Flower Bone Four is located just proximal to the distal intersection of the fourth and fifth metatarsal bones.
- **Meridian:** Gallbladder
Reaction Area: Spleen (55.04); Lung (55.05)
- **Indications:** Sacral pain (especially coccyx), sciatica, leg and foot numbness, spine pain.
- 55.05 alone: Stops bleeding, abdominal pain.

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55.04 Flower Bone Three - Hua Gu San

55.05 Flower Bone Four - Hua Gu Si

- **Comments:** These points have no equal for treating tailbone pain. In one case, a single treatment was able to resolve coccyx pain that had persisted for more than twenty years.
- Flower Bone Three and Four send the qi up the legs and to the spine, and may be combined with 1010.25 State Water, which sends the qi down the spine; the qi connects at the lumbosacral hinge.
- Before needling these points, carefully palpate the tailbone. Start at the top of the sacrum and slowly move toward the coccyx, so as not to surprise the patient. If they have fallen on their tailbone or broken it during labor and delivery, it may be extraordinarily sensitive, so palpate very gently. Though Flower Bone Three and Four are indicated to treat spinal pain, if the sacrum or coccyx is not tender, I generally choose other points.

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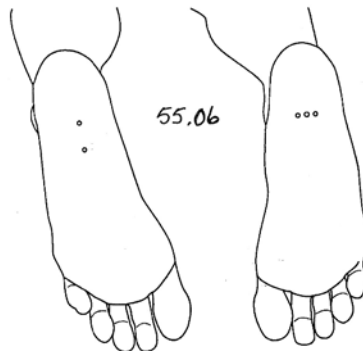
55.04 Flower Bone Three - Hua Gu San

55.05 Flower Bone Four - Hua Gu Si

- A small cup placed at the junction of the sacrum and the coccyx is surprisingly dark on many patients, even those without pain. It is good to check this area when cupping the sacrum and low back.
- Flower Bone Four treats stomach and lower abdominal pain; however, nothing works better than 66.05 Golden Gate (ST43).
- Flower Bone Four stops bleeding; however, 66.08 Sixth Finish might be a better choice.

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55.06 Upper Tumor - Shang Liu



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55.06 Upper Tumor - Shang Liu

- **Location:** This point is located on the plantar surface of the foot, centered on the distal edge of the heel.
- **Meridian:** Kidney **Reaction Area:** Cerebellum
- **Caution:** In my experience, these points will cause immediate nausea if the needle insertion is deeper than 0.5 cun. Deep needling is to be strictly avoided.
- **Indications:** Brain tumor causing dizziness, nausea, vomiting, severe headache; hypertension, cranial nerve pain, severe insomnia, concussion, cerebellum or occipital pain, epilepsy, meningitis.

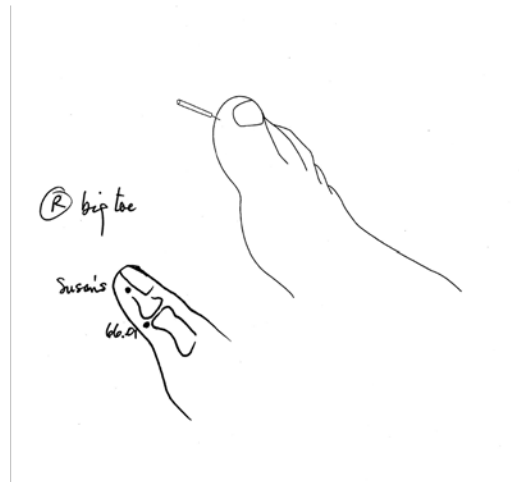
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55.06 Upper Tumor - Shang Liu

- **Comments:** The Kidney governs the brain; the sole of the foot relates to the head. Upper Tumor is usually needled in the Dao Ma combination Three Stove Bottom. Three Stove Bottom is a point combination combining Upper Tumor with either one additional point 1 cun distal (two needles total) *or* two additional points 0.25 cun on either side of Upper Tumor (three needles total). These two variations are **never** to be used together. Alternate between Three Stove Bottom variations when aggressively treating brain tumor.
- When treating brain tumor I will often needle Three Stove Bottom combined with alternating 77.27 Outer Three Gates or 77.05-77.07 Three Weights.

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66.01 Seal - Hai Bao



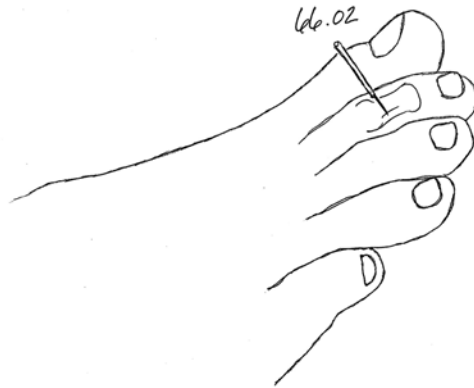
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66.01 Seal - Hai Bao

- **Location:** This point is located on the medial side of the big toe at the junction of the red/white skin. In some books it is found at the center of the joint between the phalanx. I locate Seal at the medial midpoint of the distal phalange, halfway between the distal and proximal attachments of the toenail and halfway between the dorsal and plantar surfaces, at the junction of the red and white skin.
- **Meridian:** Spleen **Reaction Area:** Heart
- **Indications:** I primarily choose Seal to treat thumb pain. It is also indicated for vaginitis, conjunctivitis, inguinal hernia, and index finger pain.
- **Comments:** Seal is extremely painful to needle; do it quickly with strong stimulation. Have the patient cough with insertion, and move their thumb as you are stimulating the needle for 10 seconds. This point is extraordinary in the treatment of acute or chronic thumb pain. Elderly patients who fall on their hands, massage practitioners, arthritic patients and even acupuncturists will love this point.

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66.02 Wood Wife - Mu Fu



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66.02 Wood Wife - Mu Fu

- **Location:** Wood Wife is located on the dorsum of the foot, 0.3 cun lateral to the center of the middle segment of the second toe.
- **Meridian:** Stomach **Reaction Area:** Heart
- **Indications:** Amenorrhea, blocked fallopian tube, dysmenorrhea, irregular menstruation, leucorrhea (red, white or yellow discharge), interstitial cystitis, uterine inflammation (metritis), vaginal irritation.
- **Comments:** Though this point may be needled on both sides, I generally use the right side only because the right side relates to females and blood. Wood Wife is located on the Stomach meridian which has more qi and more blood. This point adjusts the qi and blood and calms the spirit, functioning similarly to ST44 Nei Ting (aka 'Inner Courtyard,' implying the uterus), which also clears damp heat. 'Wood' in the name indicates a relationship to Liver. Wood Wife treats wood attacking earth (Liver and Spleen disharmony), as well as damp heat in the Liver and Gallbladder. It quiets the womb.

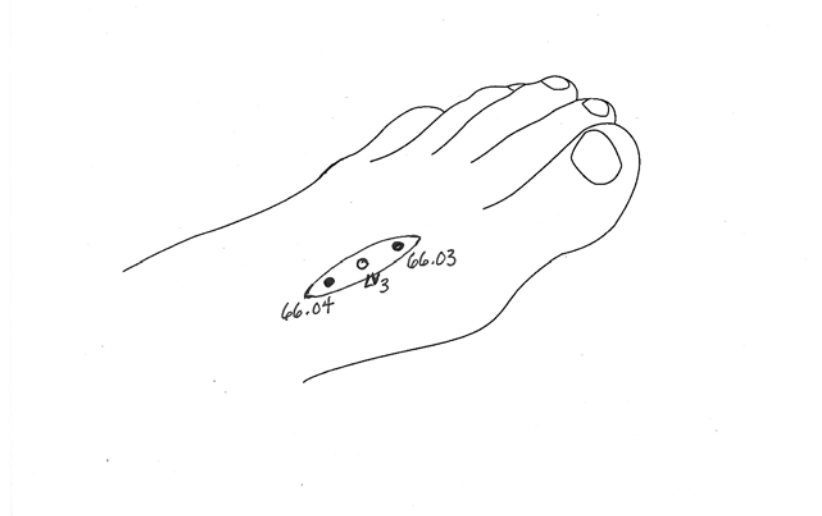
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66.02 Wood Wife - Mu Fu

- Women with hormonal imbalances may have a tendency toward anger, worry, and frustration. These emotions can generate Liver fire, inflaming the Heart. For premenstrual or menopausal women, one should mostly treat the Liver. Wood Wife is very helpful when there is any kind of vaginal irritation; and is invaluable in cases of vulvadynia. I have a patient with interstitial cystitis who experiences premenstrual vaginal discomfort and asks for this point; from it she receives immediate relief.
- 77.18-77.21 Three Emperors with Wood Wife is a good combination to soften the Liver and nourish water, in order to control fire (Lee).
- If the fallopian tube blocked, the qi is blocked. Choose this point to free the blockage.

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66.03 Fire Hardness - Huo Ying 66.04 Fire Master - Huo Zhu



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66.03 Fire Hardness - Huo Ying

- **Location:** This point is located on the dorsum of the foot, immediately proximal to the distal heads of the first and second metatarsal bones. This point is needled in the Liver valley, approximately 0.5-1.0 cun proximal to the web.
- **Meridian:** Liver **Reaction Area:** Liver, Heart
- **Cautions:** Forbidden to needle during pregnancy.
- **Indications:** Jaw pain, TMJ, palpitations, coma, dizziness, fainting, urinary pain, uterine inflammation, reproductive fibroids and tumors.
- **Comments:** Fire Hardness is the fire point on a wood meridian; it tonifies fire and strengthens the Heart. Due to its proximity to the Tai Chong artery, Fire Hardness is used as an emergency point for the heart, as blood vessel treats blood vessel. It opens the jaw to treat conditions such as TMJ because wood governs the tendons. Fire Hardness treats dizziness because Liver controls wind. As the Ying-Spring point, it clears heat to address conditions such as urethra infection and uterine inflammation.

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66.04 Fire Master - Huo Zhu

- **Location:** This point is located on the dorsum of the foot, just distal to the proximal junction of the first and second metatarsal bones.
- **Meridian:** Liver **Reaction Area:** Heart
- **Cautions:** Forbidden to needle during pregnancy.
- **Indications:** Dizziness due to hypertension or blood deficiency, headache, facial paralysis, TMJ or jaw pain, chronic sore throat, slow or irregular heart rate, liver disease, groin pain, knee pain, foot pain, gynecological problems, fibroids and tumors, difficult labor.

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66.04 Fire Master - Huo Zhu

- **Comments:** Fire Master is located in the depression just proximal to LV3 Tai Chong. It is an earth point on a wood channel, needled close to the bone (Kidney), so it treats Liver, Spleen and Kidney. Fire Master is very good for tendons, joints and muscles, due to its effect on wind, cold, and damp. Often needled as the chief point with Fire Hardness for emergencies, or via the Liver/Pericardium/Heart connection to strengthen the Heart. Because of Fire Master's distal location and relationship to the blood vessels and tendons, it is the best guiding point for knee and groin issues.

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66.05 Golden Gate - Men Jin



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66.05 Golden Gate - Men Jin

- **Location:** This point is located on the dorsum of the foot, just distal to the proximal junction of second and third metatarsals. Located similarly to 66.04 Fire Master, moving one metatarsal lateral. Master Tung's version of ST43 Xian Gu, located proximal to the TCM location.
- **Meridian:** Stomach **Reaction Area:** Stomach, Duodenum
- **Caution:** Do not needle bilaterally.
- **Indications:** Migraine headache, frontal headache, gastroenteritis, diarrhea, abdominal distention and pain, appendicitis, anal prolapse, TMJ, nasal blockage and pain, heavy eyelids, menstrual pain.

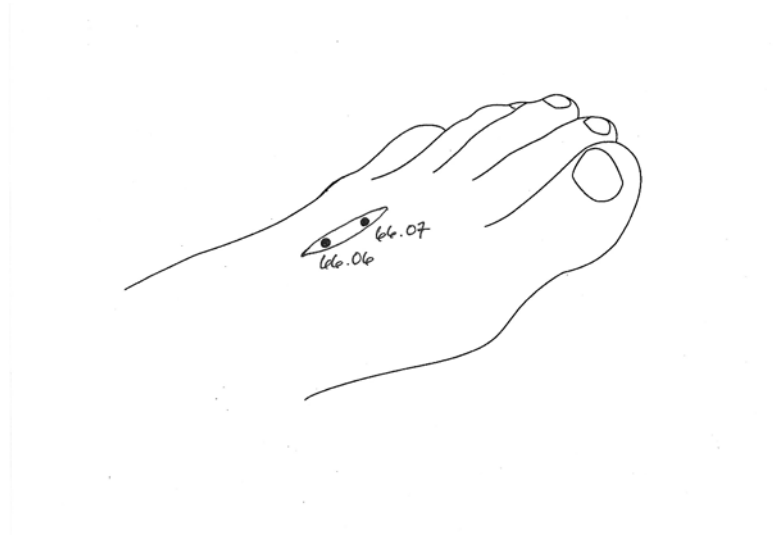
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66.05 Golden Gate - Men Jin

- **Comments:** As the wood point of the Stomach meridian, Golden Gate harmonizes wood within the earth, soothes the Liver, releases the Spleen, and regulates Liver, Spleen and Stomach. Needled close to the bone, Golden Gate also activates the Kidney. The point can serve a diagnostic purpose: if opposite side abdominal pain is not relieved by this point, the origin of the pain is likely reproductive or from the urinary bladder.

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66.06 Wood Keep - Mu Liu
66.07 Wood Scoop - Mu Dou



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66.06 Wood Keep - Mu Liu
66.07 Wood Scoop - Mu Dou

- **Location:** Wood Keep is located on the dorsum of the foot, just proximal to the distal heads of the third and fourth metatarsals. Wood Scoop is located 1 cun proximal to Wood Keep.
- **Meridian:** Between Stomach and Gallbladder
Reaction Area: Liver, Spleen
- **Indications:** Pain or trigger finger affecting the middle or ring fingers; blood diseases: leucopenia, anemia, leukemia, platelet problems; liver and gallbladder diseases; splenomegaly; exhaustion and fatigue; whole body numbness; polio; breast cancer; breast pain; ear pain; trigeminal neuralgia; stiff tongue (difficulty speaking); stiff neck and upper back pain; anterior shoulder pain; indigestion; neuroma (between the third and fourth metatarsal bones).

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66.06 Wood Keep - Mu Liu

66.07 Wood Scoop - Mu Dou

- **Comments:** 66.06-66.07 Wood Keep/Wood Scoop are always needled together as a Dao Ma to regulate qi and blood. They are located between the Stomach and Gallbladder meridians (wood and earth), therefore they treat Spleen and Liver disharmony and associated diseases. Because the Stomach channel is full of qi and blood, the Liver stores the blood and governs tendons, and the Spleen controls the blood and governs qi and muscles. These points treat all diseases related to qi, blood, muscles and tendons.
- My favorite use of these points is in the treatment of opposite side pain or trigger finger affecting the middle or ring fingers (Pericardium). Jue Yin (PC/LV) treats tendons and ligaments and can be reached through the Hand Jue Yin/Foot Yang Ming (ST/PC) relationship, the Gallbladder/Liver internal/external connection and also the Liver/Pericardium shared meridian pathway. Through the above we can also treat the neck and shoulders.

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66.06 Wood Keep - Mu Liu

66.07 Wood Scoop - Mu Dou

- Wood Keep/Wood Scoop build blood and may be used to treat any kind of leukemia (Heart/Spleen/Liver), anemia, and clotting disorders (both excess and deficient), though they may be most effective in the treatment of leucopenia. For blood diseases we always treat the Liver and Spleen, so it is also important to consider 88.12-88.14 Three Yellows and 77.05-77.07 Three Weights. In my experience both of these combinations are more powerful than Wood Keep/Wood Scoop.
- Needle bilaterally for blood diseases or whole body numbness.
- When treating neuromas always needle the opposite side, as disturbing a neuroma with needles, tuina, moxa or bleeding usually has negative results.

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66.08 Sixth Finish - Liu Wan

- **Location:** On the dorsum of the foot, between the fourth and fifth metatarsal bones, 0.5 cun proximal to the metatarsal-phalangeal joints.
- **Meridian:** Gallbladder **Reaction Area:** Kidney, Lung
- **Cautions:** This point is astringing and will stop bleeding. However, because of its astringent nature, it is contraindicated for patients with asthma, cough, lung disease, excessive phlegm, and weakness, as it may worsen their condition.
- **Indications:** Excessive bleeding due to external trauma (including tooth extraction), dizziness, Shao Yang or migraine headache, tinnitus.

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66.08 Sixth Finish - Liu Wan

- **Comments:** Though this point is not located on the web, it is still acting as GB43 Xia Xi, a water point on a wood channel. It tonifies water, moistens wood, strengthens the Liver and Kidney, and clears damp heat from the Gallbladder channel.
- In the treatment of avalanche bleeding (functional uterine bleeding), moxa on LV1 Da Dun and SP1 Yin Bai is far more effective.

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66.09 Water Curve - Shui Qu

- **Location:** On the dorsum of the foot, between the fourth and fifth metatarsal bones, just distal to the proximal junction of the bones (proximal to the tendon). This is Tung's GB41 Ling Qi.
- **Meridian:** Gallbladder **Reaction Area:** Kidney, Lung
- **Indications:** Rheumatoid arthritis, whole body joint and bone pain, numbness, muscle atrophy, lower back pain, lateral lumbar pain, Gallbladder meridian sciatica, tendon and muscle tension in the lower legs, pain in the back of the knee, limb edema, obesity, neuralgia, migraine (temple headache), neck and shoulder pain, hand and wrist weakness or pain, abdominal distention, uterine disease. Itching of the eyes, tinnitus (Young).

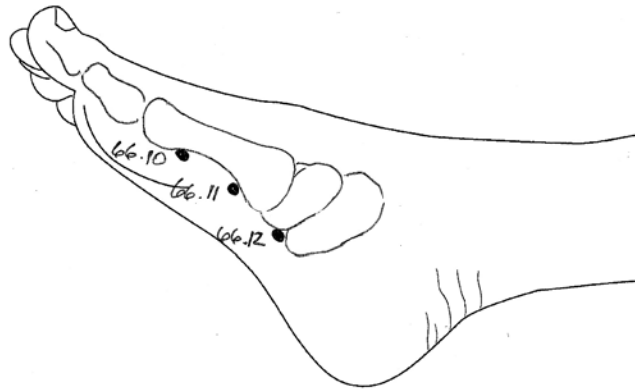
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66.09 Water Curve - Shui Qu

- Water Curve is located at GB41 Ling Qi. As a wood point on a wood channel, needled alongside the bone and lateral to the tendon, it tonifies Liver and Kidney, eliminates wind and relaxes tight tendons and muscles. As a Shu-Stream point it treats heavy and aching joints, even nerve pain. Because Shao Yang controls bones, when we needle this point alongside the bone it can be used to treat significant bone diseases such as rheumatoid arthritis or whole body joint and bone pain (bone-treating-bone).
- 'Water' in the name indicates a further connection to the Kidney and the ability to regulate fluids, treating abdominal distention, limb edema, back pain and gynecological issues.
- Moxa on Water Curve can be used to treat life threatening or extreme obesity; however, do not abuse it for ordinary weight loss.

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66.10-66.12



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66.10 Fire Connection - Huo Lian

- **Location:** This point is located at SP3 Tai Bai on the medial side of the foot, just proximal to the distal head of the first metatarsal bone.
- **Meridian:** Spleen **Reaction Area:** Heart, Kidney
- **Cautions:** Forbidden to needle during pregnancy.
- **Indications:** Dizziness, blurred vision and vertigo due to hypertension; deficient frontal headache, supraorbital or nose bone pain; mania with dizziness, nausea and vomiting; heart palpitation, coronary heart disease, fatigue, weakness of the extremities.

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66.10 Fire Connection - Huo Lian

- **Comments:** Fire Connection is located close to SP3 Tai Bai, but is needled even closer to the bone so that it treats the Kidney as well as the Spleen and Heart. The name 'Fire Connection' indicates this point's ability to clear fire and strengthen the Heart. It is used in the treatment of palpitations and hypertension because it balances water and fire, restoring and stabilizing good communication between the Hand and the Foot Shao Yin (HT/KD).
- Fire Connection is used to treat Spleen-deficient conditions such as tiredness and weakness in the extremities. It is also good for frontal headache and supraorbital pain from deficiency (for excess see 77.08-77.09 Four Flower).

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66.11 Fire Chrysanthemum - Huo Ju

- **Location:** Huo Ju is located on the medial side of the foot, just distal and inferior to the proximal head of the first metatarsal bone. Master Tung's version of SP4 Gong Sun.
- **Meridian:** Spleen **Reaction Area:** Heart, Kidney
- **Cautions:** Forbidden to needle during pregnancy.
- **Indications:** Gastroenteritis, abdominal pain and distention, stomach ache (due to anger), paralytic colon after anesthesia, deficient frontal headache, supraorbital pain, heaviness of the eyelids, dizziness, high blood pressure, blurred vision, heart palpitation, obesity, stiffness of the neck, cervical bone spurs.
- **Comments:** This point was one of Master Tung's favorites to clear the head and eyes. Similar to SP4 Gong Sun but needled even closer to the bone, lending a stronger Kidney function. Fire in the name indicates a relationship to the Heart. Fire Chrysanthemum regulates the Heart and Kidney to resolve excess fire.

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66.11 Fire Chrysanthemum - Huo Ju

- 66.05 Golden Gate with Fire Chrysanthemum and PC6 Nei Guan is my favorite treatment for abdominal distention, gas and bloating, diarrhea, irritable bowel, and Crohn's disease.
- For deficient frontal headaches we can choose from Spleen channel points, such as 66.11 (SP4), 77.17 (SP9), and/or 77.18 Kidney Gate (Shen Guan).
- 66.10 Fire Connection, Fire Chrysanthemum and 66.12 Fire Scatter all clear excess fire. They can be needled together to treat conditions such as headache, brain tumor and meningitis. However, it is contraindicated to needle the three points on both feet at the same time (Carson).
- Fire Chrysanthemum with A.04 San Cha Three and 66.05 Golden Gate is useful in the treatment of heavy eyelids (inability to keep the eyes open) or floaters.

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66.12 Fire Scatter - Huo San

- **Location:** On the medial side of the first metatarsal bone, 1 cun proximal to 66.11 Fire Chrysanthemum (SP4). Tung's KD2 Ran Gu.
- **Meridian:** Kidney **Reaction Area:** Heart, Kidney, Six Bowels
- **Caution:** Do not needle during pregnancy.
- **Indications:** Migraine and headache, dizziness, distending feeling in the head, high blood pressure, meningitis, brain tumor, blurred vision, conjunctivitis, pain in the corners of the eyes, spots before the eyes, drooling (due to brain injury or tumor), cock's crow diarrhea, upper back pain, lower back pain and kidney deficiency from sex addiction, hot or cold feet.
- **Comments:** Fire Scatter is located near KD2 Ran Gu, but needled closer to the bone. Since it is located on the Kidney channel it is effective in the treatment of Kidney deficient diseases. The name 'Fire Scatter' indicates that it is related to the Heart and has the ability to disperse excess fire. It assists with communication between the Heart and Kidney, disperses excess fire, and tonifies water.

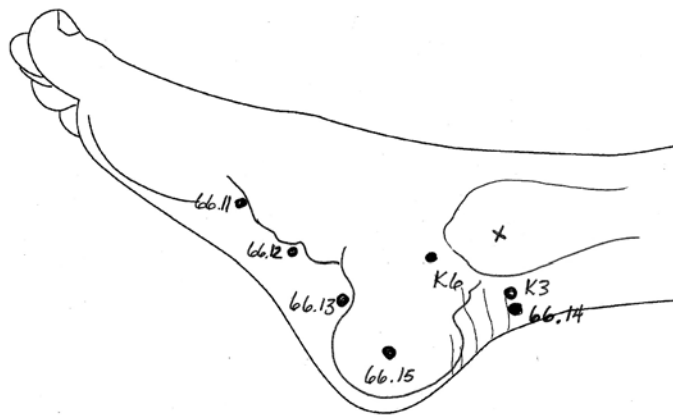
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66.12 Fire Scatter - Huo San

- Usually needled unilaterally on the left side for men, right side for women. This point may be needled bilaterally only with a patient who has a strong constitution (Young).
- Usually needled with 66.10 Fire Connection and 66.11 Fire Chrysanthemum; needle all three points on one side only (Carson).
- Fire Scatter is used for elderly people who suffer from one foot hot and the other foot cold. In these cases, tonify the cold side first. Then, withdraw the needle and sedate the hot side. Do not needle both sides simultaneously (Lee).
- For hot foot, sedate; for cold foot, tonify. If both feet are cold, needle 88.01-88.03 Heart Passing Points.
- Very effective for migraines and headaches because it disperses fire due to the water/fire connection. Due to the connection to the Kidney, Fire Scatter is effective in the treatment of headaches accompanied by dizziness.
- Use a moxa pot on this point to control drooling due to brain injury or tumor.

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66.13-66.15



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66.13 Water Crystal - Shui Jing

- **Location:** Water Crystal is located on the medial side of the foot, 2 cun (three fingers) inferior to the apex of the medial malleolus. I relocate this point slightly inferior to this location to the arch of the foot, otherwise insertion deeper than 1-2 fen will immediately strike bone. Sliding the needle alongside the bone enhances its Kidney effect (bone-treating-bone). This is Tung's KD6 Zhao Hai.
- **Meridian:** Kidney **Reaction Area:** Uterus
- **Indications:** Throat and esophagus pain or dryness, constipation or abdominal distention, pelvic pain, uterine enlargement, fibroids, tumors or inflammation, menopausal hot flashes.
- **Comments:** 'Water Crystal' refers to the uterus (Young). I primarily use this point for dryness in the throat (with LU7) or constipation (with SJ6). One might add 77.18-77.21 Two Emperors to increase Kidney fluids. Master Tung used this point to treat gynecological disease, uterine and lower abdominal fullness.

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66.14 Water Phase - Shui Xiang

66.15 Water Fairy - Shui Xian

- **Location:** Water Phase (aka Water Minister) is located posterior to the apex of the medial malleolus, just in front of tendon. This is Tung's KD3 Tai Xi.
- Water Fairy is located directly inferior to Water Phase, just proximal to the superior border of the calcaneal tuberosity. This is Tung's KD5 Shui Quan.
- **Meridian:** Kidney **Reaction Area:** Brain, Kidney
- **Indications:** Head noise, tinnitus, cataracts, chronic sore throat, dry mouth, tooth root pain, diabetes, excessive urination, nephritis, proteinuria, nausea and vomiting, preeclampsia, postpartum fever and/or pain, floating edema of the legs, qi and yin deficiency, spinal pain, spinal bone spurs, upper back vertebral pain, lower back pain due to Kidney deficiency or bone spurs, Achilles tendon pain. Amenorrhea (66.15 only).

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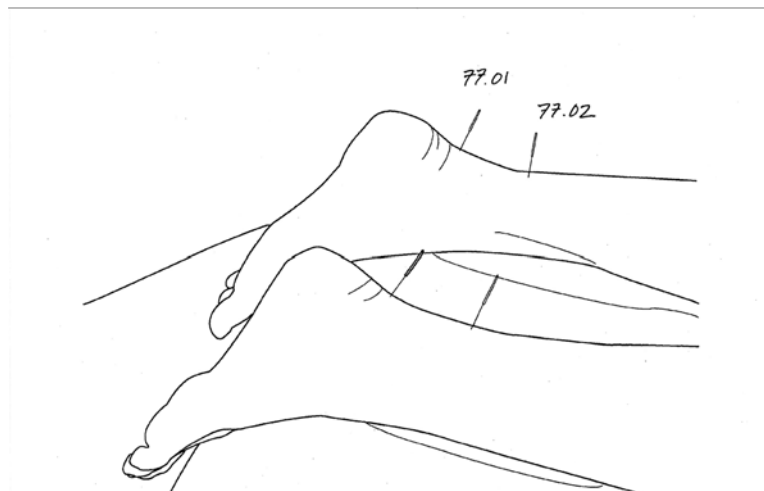
66.14 Water Phase - Shui Xiang

66.15 Water Fairy - Shui Xian

- **Comments:** Water Phase is a very important point, and is Master Tung's version of KD3 Tai Xi. KD3 is the Shu-Stream, source and earth point on a water channel. Water Fairy is located near KD5 Shui Quan, the Xi-Cleft point of the Kidney channel, and tonifies qi and blood of the Kidney. These points are usually needled together to strengthen the Kidney and Spleen and the power of the earth to control water. If earth is unable to control water, there will be excessive urination. If water cannot control fire, dryness of the mouth may result.
- As an earth point on a water channel, needled close to the tendon, we have a Spleen, Kidney and Liver influence, making these points very useful in treating symptoms related to the head and brain, spine and vertebrae, as well as digestive and metabolic disorders like diabetes, proteinuria, floating edema, nausea and vomiting. For the same reasons, these points can be used to treat hypertension in pregnancy, postpartum fever (fever after delivery, with pain all over the body, is known as 'afterbirth wind,' in TCM). Sliding down the anterior Achilles tendon gives us an additional Liver influence, useful in the treatment of hypertension and eye issues.

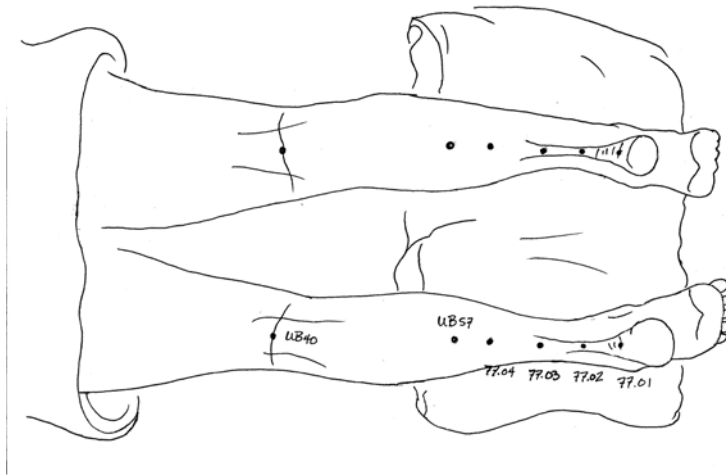
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77.01-77.02 Correct Tendons



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77.01-77.04



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77.01 Upright Tendon - Zheng Jin

77.02 Upright Ancestry - Zheng Zong

- **Location:** Upright Tendon is located in the center of the flat surface of the Achilles tendon, 3.5 cun proximal to the heel. Draw a line from the tip of both the external and internal malleoli up to the top of the tendon. There will be a space of approximately 1 cun between the two lines. Upright Tendon will be located in the center of this space.
- Upright Ancestry is located 2 cun (three fingers) superior to Upright Tendon, centered on the tendon. Carefully palpate the flaring sides of the tendon, as the tendon follows the tibia and often will be found veering toward one side or the other.
- For patients who cannot lie on their stomach with their face in a face cradle, these points can be needled with the patient positioned on their side, bottom leg straight and top leg bent with a pillow under the bent knee. Use rolled hand towels to support their feet so that the Achilles tendon is totally relaxed.

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77.01-77.02 Correct Tendons

- **Meridian:** Urinary Bladder **Reaction Area:** Brain, Spine
- **Indications:** Occipital headache, cervical neck pain, whiplash, brain tumor, concussion, meningitis, cranial swelling and cerebellar pressure, lower back strain, sprain of the Achilles tendon, plantar fasciitis.
- **Comments:** These points are needled deeply through the Achilles tendon to gently tap the back of the tibia, thus activating the tendon-treating-tendon and bone-treating-bone systems. They are exceptional for treating occipital headaches, whiplash, concussion, and brain diseases. Their unique effect on tendons makes them useful for treating spasms anywhere in the body.
- Correct Tendons are among my five favorite Tung's points.

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77.03 Upright Scholar - Zheng Shi

- **Location:** This point is located 2 cun (three fingers) superior to 77.02 Upright Ancestry (six fingers above 77.01 Upright Tendon).
- **Meridian:** Urinary Bladder **Reaction Area:** Lung, Spine
- **Indications:** Shoulder pain, shoulder and upper back pain, shoulder and hand pain, lower back pain, sciatica (UB channel).
- **Comments:** Upright Scholar is located on the Urinary Bladder meridian. It is often needled together with 77.04 Catching Ball to treat back pain located in the area of UB43 Gao Huang Shu, the low back, or sciatica involving the Urinary Bladder Channel. I rarely use these points because there are many other options. For UB43 area, I use 22.01-22.02 Double Child/Double Fairy instead.

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77.03 Upright Scholar - Zheng Shi

- Upright Scholar can also be added to 77.01-77.02 Correct Tendons to enhance the treatment effect of those points.
- Upright Scholar can be used in the treatment of sciatica due to the relationship between the Hand Tai Yin (LU) and the Foot Tai Yang (UB). Because we have so many great points for sciatica I would choose from among SI3 Hou Xi, UB65 Shu Gu, 22.04-22.05 Great White/Spirit Bone (Ling Gu/Da Bai), 33.08-33.09 Arm Five/Arm Thousand Gold and 1010.22 Nose Wing.
- Because this point is located below UB57 Cheng Shan on the Urinary Bladder channel, it treats Urinary Bladder channel sciatica. I prefer to needle 33.08-33.09 Arm Five/Arm Thousand Gold. After putting in the needles, the patient should stretch the heel while the needles are in place (Lee).

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77.04 Catching Ball - Bo Qiu

- **Location:** This point is located 2.5 cun superior to 77.03 Upright Scholar, 1.5 cun distal to UB57 Cheng Shan. This is Tung's UB57.
- **Meridian:** Urinary Bladder **Reaction Area:** Heart, Lung
- **Indications:** Lower back pain, hemorrhoids, acute gastroenteritis, cholera, nosebleed, upper back pain, lower back soreness, sciatica (UB channel), lower leg spasm or pain.
- **Comments:** I have found that bleeding in the popliteal crease is the most effective way of treating hemorrhoids and usually produces immediate results. If there are multiple veins available, bleed all of them. Be wary of vessels on the far lateral side of the popliteal crease; if you puncture the nerve in that area the patient may experience light nerve pain (similar to sciatica) for a few weeks until the nerve heals. Catching Ball can be bled instead of UB40 Wei Zhong if there is no visible vessel at UB40, though I am reluctant to do so because the gastrocnemius is such a strong muscle and any injury to it would be felt with every step.

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77.04 Catching Ball - Bo Qiu

- I often use this point for hemorrhoids, in which case I needle bilaterally (Lee).
- Because tendon-treats-tendon, Catching Ball can be used for any kind of injury to the tendon or spasms. It is used for cholera because of the intense leg cramps that can be associated with that disease.
- This point effectively treats spasms of the leg muscles because it is located close to UB57 Cheng Shan. Needling Catching Ball with UB57 (Point Coupling technique) is even more effective than needling it on its own (Young).

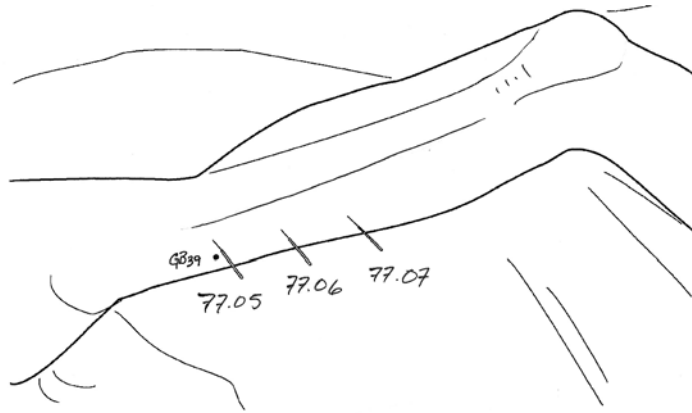
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UB40 Crease Middle Wei Zhong

- **Location:** The classic book location of UB40 is in the center of the knee crease between the tendons; however, because I use this point only as a bleeding point, any vein in the back of the knee can be chosen. Once I bled this point at the extreme lateral edge of the crease, and behind the large blood vessel was a nerve. The puncture left a nerve sensation going down the leg for a few weeks following the treatment. For that reason I avoid vessels found on the very outside of the knee crease; I'm also careful to avoid injuring the tendon in that area.
- **Indications:** Chronic diseases due to excess or stagnation, skin infections (severe sores), acute gastroenteritis, hemorrhoids, bone spurs anywhere in the body, whole back spasm, tendon or muscle spasm, scoliosis, lower back and leg pain, heel spurs, high blood pressure, headache.
- **Comments:** Because bleeding UB40 clears stagnation, I often choose multiple veins, bilaterally, to bleed for stubborn hemorrhoids and lower back spasm. Often, blood coming from these veins will arc, as there is significant pressure behind them. In most cases the blood will be very dark, almost black, and as the stagnant deoxygenated blood clears, a thin red line appears in the center of the flow.
- Bleeding UB40 clears the whole body; bleeding LU5 clears the upper body, and bleeding Tai Yang (Extra point) clears the head and brain.

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77.05-77.07 Three Weights



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77.05 First Weight - Yi Zhong

77.06 Second Weight - Er Zhong

77.07 Third Weight - San Zhong

- **Location:** 77.05 First Weight is located on the lateral lower leg, 3 cun (four fingers) above the tip of the external malleolus, midway between the anterior edge of the fibula and the anterior tibial crest (approximately 1 cun lateral to the anterior tibial crest).
- 77.06 Second Weight is located 2 cun (three fingers) directly superior to First Weight.
- 77.07 Third Weight is located 2 cun (three fingers) directly superior to Second Weight.
- First Weight is Master Tung's version of GB39 Xuan Zhong.
- First Weight (chief point) is needled with auxiliary points 77.06 Second Weight and 77.07 Third Weight in the combination known as 77.05-77.07 Three Weights.

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77.05-77.07 Three Weights

- **Meridian:** Between the Gallbladder and Stomach
- **Reaction Area:** Heart, Lung, Spleen
- **Indications:** Brain issues including contusion or injury, tumor, meningitis, migraine, stroke, facial paralysis, trigeminal neuralgia, TMJ, hyperthyroidism, bulging eyeballs due to brain tumor or hyperthyroidism. Hepatomegaly, cirrhosis, splenomegaly (needle on the right side only - Carson), blood diseases, breast diseases (including tumor), neck pain, scapular and arm pain, rib pain, hip pain, psychological issues due to wind and phlegm, bruxism.
- **Comments:** Three Weights have a profound influence on any disease having to do with wind and phlegm because they are located between the Gallbladder and Stomach channels. The Gallbladder channel expels wind and the Stomach channel dispels dampness. Three Weights are used to expel wind, drain dampness and increase circulation in the brain.

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77.05-77.07 Three Weights

- Three Weights treat brain injuries and stroke in part because the Gallbladder meridian wraps around the head. They vitalize the blood by dispersing blood stagnation; they clear the brain and open the orifices by dispersing phlegm and dampness; and they extinguish draft and spasm to restore the brain's proper motor and sensory functions. Some practitioners report that Three Weights are more effective for the treatment of functional brain issues than for brain tumors. I have seen good results in the treatment of both functional issues and tumors.
- When studying Three Weights, we find a variety of operative channel energetics in play. Three Weights have a very wide application and when used properly, their effects put them among my top favorites of Master Tung's Magic Points.

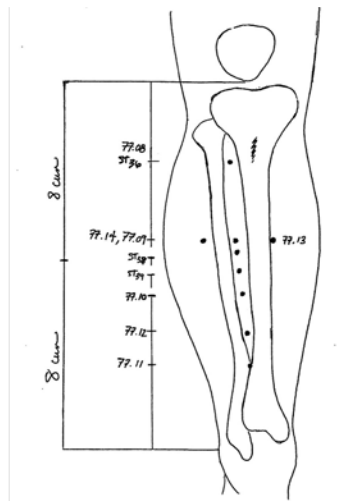
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77.05-77.07 Three Weights

- Liver governs the blood and the Spleen controls the blood. Because Three Weights are found between the Foot Shao Yang (GB) and the Foot Yang Ming (ST), and due to the internal/external relationship between Liver and Gallbladder, Spleen and Stomach, these points strongly influence the blood. 77.05 First Weight is Master Tung's version of GB39, the Meeting Point of Marrow. This reinforces the vital importance of Three Weights in the treatment of blood, bone, marrow, Liver and Spleen. Furthermore, we recognize the energetic connection between the Hand Shao Yang (SJ) and Foot Shao Yang (GB). Due to the connection of the Hand Shao Yang (SJ)/Foot Shao Yin (KD), and the relationship of Kidney to the bone and the brain, Three Weights stimulate the production of healthy marrow and blood within the bone.
- Bonus tip for hip pain: Opposite side Three Weights and 22.04-22.05 Great White/Spirit Bone (Ling Gu/Da Bai) are excellent for greater trochanter pain. Select same side GB41 Lin Qi as an optional guiding point. Include opposite side 33.12 Heart Gate if there is also groin pain.

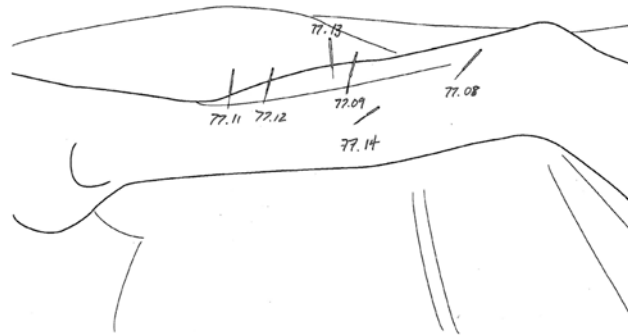
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Four Flower Points



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Four Flower Points



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77.08 Four Flower Upper - Si Hua Shang

- Location:** Four Flower Upper is Master Tung's version of ST36 Zu San Li. The usual description for locating this point is not how I find it. Needling Four Flower Upper in the manner described here will almost always elicit a strong qi sensation down the leg. With one finger on the head of the fibula and another on the base of the tibial tuberosity, draw a horizontal line from the tibial tuberosity that intersects a vertical line drawn directly downward from the head of the fibula. Divide your horizontal line into equal thirds. Four Flower Upper is located one third of the distance lateral from the base of the tibial tuberosity. (77.22 Beside Three Miles is located two thirds of the distance.) Accurately verifying the base of the tibial tuberosity will confirm your point location. If you are less than 1 cun inferior (on a very tall patient it can be as much as 4 cun) to the head of the fibula, check the base of the tibial tuberosity again, as there is often a further extension of the tibial tuberosity that is easily missed. Starting 0.5 cun above and walking your finger downward to this point will help you identify the exact location and hone your palpation skills, as the power of this point makes it easy to feel.

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77.08 Four Flower Upper

- **Meridian:** Stomach **Reaction Area:** Heart, Lung
- **Indications:** Frontal headache (excess), supraorbital pain, heart disease, angina, palpitations, heart numbness, asthma, excess fluid in the lungs, eye diseases, facial paralysis, toothache, mouth ulcers, abdominal distention, gastrointestinal diseases such as irritable bowel and Crohn's, deficiency of stomach acid, frozen shoulder, scapular pain, elbow pain, index finger pain, knee and heel spurs, gout.
- **Comments:** As the most powerful tonification and He-Sea point of the entire body, Four Flower Upper adjusts the qi and blood of all the channels, and strengthens the Spleen and Stomach to treat a wide variety of chronic illness. As the earth point on an earth meridian, following the mother/child producing cycle, Four Flower Upper tonifies earth to generate metal and is thus very effective for treating many conditions such as asthma and Crohn's disease.

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77.08 Four Flower Upper

- Due to the Foot Yang Ming (Stomach)/Hand Jue Yin (Pericardium) connection, Four Flower Upper is extraordinarily effective for treating heart disease. In this case, earth can be used to sedate fire. As Yang Ming channel has more qi and more blood, we can use this point to safely sedate excess for conditions such as frontal headache, chest pain, frozen shoulder, or toothache. For these conditions, deep needling (60mm) is required. Occasionally, bleeding may be the treatment of choice.
- Some practitioners are concerned about deep needling and longer retention times. However, because Four Flower Upper is Yang Ming, it can be deeply needled for an hour or more and what started as sedation will come back around to tonify, thereby creating a regulatory effect.

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77.08 Four Flower Upper

- Four Flower Upper is a good point to contrast deep and shallow needling techniques, as a deep needle is required in order to reach the head. 0.5-1.0 cun insertion will gently tonify or address adjacent conditions such as knee or toe pain. 1.0-1.5 cun insertion can reach the abdomen. 2.0-2.5 cun insertion will effectively treat heart disease and angina. Inserting a 60mm needle is the most effective for glaucoma and frontal headache.
- Four Flower points may be needled on the same side or opposite side to treat pain of the shoulders, arms, elbows and index finger. Stomach meridian points are the only points that may be equally effectively needled on the same or opposite sides of the pathology. Consider bleeding for conditions of the frontal body, head, chest, or abdomen.

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77.09 Four Flower Middle - Si Hua Zhong

- **Location:** My teacher, Dr. Miriam Lee, found this point 3 cun (four fingers) inferior to 77.08 Four Flower Upper (ST36) and one large finger's breadth lateral to the anterior tibial crest (at the level of ST37 Shang Ju Xu). The classic location of Four Flower Middle is 4.5 cun below Four Flower Upper. This location places the point 0.5 cun proximal to ST38 Tiao Kou. I have found both locations to be equally effective, and use them interchangeably. Often, Four Flower Middle will not appear to be directly inferior to Four Flower Upper (ST36); measure carefully and palpate for the precise location. Again, this point is easily felt in both locations.
- **Meridian:** Stomach **Reaction Area:** Heart, Lung, Six Bowels

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77.09 Four Flower Middle

- **Indications:** Four Flower Middle is equally important and shares the indications of 77.08 Four Flower Upper (ST36).
- **Comments:** Though Four Flower Upper (ST36) may be needled on its own, Four Flower Middle is commonly needled as an auxiliary point to Four Flower Upper (ST36).
- Four Flower Middle can be needled with 77.10 Four Flower Quasi to treat bone spurs of the knee and heel. These points address inflammation of the bone because earth (Stomach) controls water (Kidney).

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77.10 Four Flower Quasi - Si Hua Fu

- **Location:** Four Flower Quasi is located on the lateral side of the leg, 2.5 cun directly inferior to 77.09 Four Flower Middle.
- **Meridian:** Stomach
Reaction Area: Heart, Lung, Six Bowels
- **Indications:** Asthma, migraine headache, pressure behind the eyeball, eyebrow pain (due to excessive crying or anger), frozen shoulder, scapula, elbow and index finger pain, bone spurs, deformity or swelling of the bones of the hands, coronary heart disease, pericardial inflammation, arteriosclerosis, heart numbness (feeling of agitation), palpitations, tachycardia, fluid in the chest or lungs, tuberculosis, lung tumor, emphysema, acute stomach pain, enteritis, hemorrhoids.

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77.10 Four Flower Quasi - Si Hua Fu

- This point is located one cun distal to ST39 Xia Ju Xu. This point is primarily bled and is really more of an area than a distinct point. Look for dark vessels along the Stomach channel and bleed any vessel that is not directly on top of the tibia. If the point bled produces a significant amount of dark blood, there should be immediate results, especially in the treatment of frontal headache or chest tightness.
- When needling this point it must be added to 77.09 Four Flower Middle as it is not strong enough to be used alone. To treat bone spurs or swelling of the bone, combine with 77.09 Four Flower Middle, needled close to the tibia, sliding down the bone.

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77.11 Four Flower Lower - Si Hua Xia

77.12 Bowel Intestine - Fu Chang

- **Location:** Four Flower Lower is located directly adjacent to the tibia, 3.5 cun (five fingers) proximal to ST41 Jie Xi. Bowel Intestine is located 1.5 cun (two fingers) proximal to Four Flower Lower.
- **Meridian:** Stomach
Reaction Area: Kidney, Lung, Six Bowels (both); Heart (77.12)
- **Indications:** Diarrhea (acute or chronic), intestinal inflammation, stomach pain, abdominal distention, chest distention, shortness of breath, headache, swelling of the gums, teeth grinding (bruxism), bone spurs, enlargement of the heads of the bone (due to consumptive disease), edema, knee spur, heel spur.

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77.11 Four Flower Lower - Si Hua Xia

77.12 Bowel Intestine - Fu Chang

- **Comments:** These two points are always needled together. I use them primarily for gastrointestinal inflammation and acute diarrhea. I had a diabetic patient who ate an entire bowl of fruit and had had diarrhea for over a week when she came for treatment. One hour with these needles bilaterally and she had no bowel movements for three days. It is important to know whether the diarrhea is bacterial or otherwise, as we would never use these points in a bacterial dysentery situation where it would be important to clean the toxins out of the intestines and thus stop the diarrhea, rather than astringing.

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77.11 Four Flower Lower - Si Hua Xia

77.12 Bowel Intestine - Fu Chang

- Teeth grinding while asleep (bruxism) may be due to parasites, as they are usually more active at night. Bruxism is usually due to Stomach heat. It is also common in alcoholics. These points regulate the stomach and intestines and disperse Stomach heat.
- Needling 77.11-77.12 Four Flower Lower/Bowel Intestine together closely along the bone is known as “cutting bone.” This treatment effectively treats bone spurs. It is especially effective for treating bone spurs of the knee and heel. Sliding the needle along the bone activates the bone-treating-bone system (Young).

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77.13 Four Flower Inner - Si Hua Li

- **Location:** This point is located on the medial side of the lower leg on the Spleen channel. Measure 4.5 cun distal to ST36 (77.08), then move medial to the anterior tibial crest, sliding down the inside border of the tibia.
- **Meridian:** Spleen **Reaction Area:** Heart, Lung
- **Indications:** Palpitations, heart organ paralysis, coronary heart disease, cholera (watery diarrhea with severe dehydration and spasm of the sinews), acute gastroenteritis with convulsions, gastroenteritis, vomiting, degenerative arthritis, bone spurs in the knee.
- **Comments:** This point is bled when a vessel is present, carefully avoiding contact with the bone. Bleeding Four Flower Inner treats degenerative arthritis and bone spurs in the knee (often medial knee pain). Otherwise, it is needled 1.0-1.5 cun, alongside the bone (bone-treating-bone).

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77.14 Four Flower Outer - Si Hua Wai

- **Location:** This point is located on the lateral side of the lower leg. Measure 4.5 cun distal to 77.08 Four Flower Upper (ST36) and then move 1.5 cun lateral, or bleed any dark vein in the vicinity. This is Tung's ST40.
- **Meridian:** Stomach **Reaction Area:** Lung, Six Bowels
- **Indications:** One-sided body pain, headache or migraine, facial paralysis, earache, acute or chronic rhinitis, toothache, asthma or shortness of breath, chronic heart disease, high blood pressure, high cholesterol, obesity, herpes, shingles, neck, shoulder or upper arm pain (LI channel), tennis elbow, chest tight or full, pleurisy, swollen breast, intercostal neuralgia, rib pain, chronic digestive diseases, acute gastroenteritis, diarrhea, sit bone pain, lateral sciatica or nerve pain in the lower leg or foot, foot pain (instep or sole).

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77.14 Four Flower Outer - Si Hua Wai

- **Comments:** Four Flower Outer is located close to ST40 Feng Long, the gathering point of phlegm, and regulates qi and blood. Because the Yang-Ming channel has more qi and more blood, it is one of the most commonly-used channels for bloodletting.
- Bleeding Four Flower Outer clears blood heat, disperses blood stagnation, and dissolves phlegm. Chronic and difficult diseases often involve blood stagnation and phlegm. Phlegm obstructing the brain leads to stroke, but phlegm can also obstruct elsewhere.
- In TCM, high cholesterol is considered a type of phlegm and can be immediately seen as oil in the blood. We know that oil and water do not mix, and so when the cholesterol is high there is a jagged quality to the appearance of the blood, it does not flow in a smooth stream.

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